LAPT

LONDON ACADEMY OF PROFESSIONAL TRAINING

CERTIFICATE

Certificate in Cosmetology

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LAPT — London Academy of Professional Training

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Reference BEA-C07 • Beauty Centres

UKPRN 10067351 • Registered in England and Wales, company 4984798

4	117	702	400	60%	Lifetime
SUBJECTS	CHAPTERS	CLASSES	TOTAL MARKS	PASS MARK	VALIDITY

AT A GLANCE

REFERENCE	**BEA-C07**
AWARD	**Certificate**
ASSESSMENT	**400 marks — 240 to pass (60%)**
PREREQUISITES	**None**
VALIDITY	**Lifetime**
AWARDING BODY	**LAPT — London Academy of Professional Training**

CURRICULUM

1

Cosmetic Product Science and Ingredients

22 chapters · 124 classes **100 marks**

- **1 Understanding Cosmetic Product Categories** — 4 classes
  - 1.1 Exploring Cosmetic Product Categories: An Overview
  - 1.2 Identifying the Functions of Skincare Product Types
  - 1.3 Understanding Formulations: Key Ingredients in Cosmetics
  - 1.4 Matching Products to Skin Needs: Practical Application
- **2 Active Ingredients in Cosmetics and Their Uses** — 4 classes
  - 2.1 Understand Key Active Ingredients in Cosmetics
  - 2.2 Explore the Functions and Benefits of Common Actives
  - 2.3 Compare and Contrast Different Types of Active Ingredients
  - 2.4 Evaluate Suitable Actives for Specific Skin Concerns
- **3 Selection and Application Techniques for Cosmetic Products** — 4 classes
  - 3.1 Understanding Cosmetic Product Categories
  - 3.2 Identifying Suitable Products for Different Skin Types
  - 3.3 Mastering Application Techniques for Optimal Results
  - 3.4 Evaluating Product Performance and User Satisfaction
- **1 Understanding the Basics of Cosmetic Ingredients** — 5 classes
  - 1.1 Exploring the Role of Ingredients in Cosmetics
  - 1.2 Identifying Common Cosmetic Ingredients
  - 1.3 Understanding the Functionality of Active Ingredients
  - 1.4 Analyzing the Safety and Efficacy of Ingredients
  - 1.5 Evaluating Ingredient Labels and Marketable Claims
- **2 Formulation Techniques and Product Stability** — 5 classes
  - 2.1 Understanding the Basics of Cosmetic Formulation
  - 2.2 Identifying Key Ingredients in Cosmetic Products
  - 2.3 Analyzing Stability Factors in Cosmetic Formulations
  - 2.4 Evaluating Emulsification Techniques for Product Stability
  - 2.5 Applying Preservation Methods to Enhance Product Shelf Life
- **3 Safety Assessment and Regulatory Compliance** — 5 classes
  - 3.1 Understanding Cosmetic Safety Standards
  - 3.2 Identifying Potential Hazards in Cosmetics
  - 3.3 Exploring Regulatory Bodies and Their Roles
  - 3.4 Conducting a Cosmetic Safety Assessment
  - 3.5 Implementing Compliance Strategies in Product Development
- **4 Innovation in Cosmetic Science: Trends and Technologies** — 5 classes
  - 4.1 Understanding the Latest Trends in Cosmetic Science
  - 4.2 Exploring Breakthrough Technologies in Skincare
  - 4.3 Evaluating the Impact of Innovation on Cosmetic Formulations
  - 4.4 Analyzing Sustainability in Cosmetic Product Development
  - 4.5 Applying Emerging Technologies to Cosmetic Innovations
- **1 Understanding Active Ingredients in Cosmeceuticals** — 6 classes
  - 1.1 Exploring the Role of Active Ingredients in Cosmeceuticals
  - 1.2 Identifying Key Active Ingredients and Their Functions
  - 1.3 Analyzing the Impact of Active Ingredients on Skin Physiology
  - 1.4 Comparing Natural vs Synthetic Active Ingredients
  - 1.5 Evaluating the Efficacy of Active Ingredients in Cosmeceutical Products
  - 1.6 Formulating Safe and Effective Cosmeceuticals Using Active Ingredients
- **2 Delivery Systems for Enhanced Efficacy** — 6 classes
  - 2.1 Understanding Delivery Systems in Cosmeceuticals
  - 2.2 Exploring the Role of Nanotechnology in Skin Penetration
  - 2.3 Analyzing Liposomal Delivery Mechanisms
  - 2.4 Evaluating Polymer-Based Systems for Ingredient Stability
  - 2.5 Applying Microneedle Techniques for Enhanced Efficacy
  - 2.6 Assessing Effectiveness of Multi-Layered Delivery Systems
- **3 Antioxidants and Anti-inflammatory Agents** — 6 classes
  - 3.1 Understanding the Role of Antioxidants in Skincare
  - 3.2 Exploring Common Antioxidants in Cosmeceuticals
  - 3.3 Examining Anti-inflammatory Agents and Their Benefits
  - 3.4 Identifying Sources of Antioxidants and Anti-inflammatories
  - 3.5 Analyzing the Efficacy of Different Antioxidants
  - 3.6 Integrating Antioxidants and Anti-inflammatories into Treatments
- **4 Cosmeceutical Formulation and Stability** — 6 classes
  - 4.1 Understanding the Basics of Cosmeceutical Formulation
- **5 Regulatory Considerations and Safety in Cosmeceuticals** — 6 classes
  - 5.1 Understanding Regulatory Bodies in Cosmeceuticals
  - 5.2 Exploring Cosmeceutical Ingredient Safety Standards
  - 5.3 Analyzing Labeling Requirements for Cosmeceuticals
  - 5.4 Differentiating Between Cosmetic and Pharmaceutic Regulations
  - 5.5 Evaluating Risk Assessment in Cosmeceutical Formulations
  - 5.6 Applying Good Manufacturing Practices in Cosmeceuticals
- **1 Understanding Core Beauty Product Categories** — 5 classes
  - 1.1 Explore Skincare Products and Their Functions
  - 1.2 Identify Different Types of Haircare Products
  - 1.3 Discover the Range of Makeup Products
  - 1.4 Understand Body Care Product Varieties
  - 1.5 Analyze Specialty Beauty Product Uses
- **2 Analyzing Product Ingredients and Formulations** — 5 classes
  - 2.1 Understanding Basic Ingredients in Salon Products
  - 2.2 Exploring Active and Inactive Ingredients
  - 2.3 Assessing the Function and Benefits of Formulations
  - 2.4 Identifying Potential Allergens and Sensitizers
  - 2.5 Applying Product Knowledge to Retail Recommendations
- **3 Retail Product Selection and Inventory Management** — 5 classes
  - 3.1 Understanding Retail Product Lines
  - 3.2 Identifying Key Features and Benefits of Salon Products
  - 3.3 Selecting Products to Meet Customer Needs
  - 3.4 Managing and Organizing Salon Inventory
  - 3.5 Applying Inventory Data for Sales Improvement
- **4 Communicating Product Benefits and Personalizing Sales** — 5 classes
  - 4.1 Understanding Key Product Benefits
  - 4.2 Identifying Customer Needs
  - 4.3 Tailoring Product Recommendations
  - 4.4 Communicating Effectively to Enhance Sales
  - 4.5 Practice Personalizing Sales Interactions
- **1 Understanding Skin Anatomy and Physiology** — 4 classes
  - 1.1 Exploring the Layers: An Introduction to Skin Anatomy
  - 1.2 The Role of Skin: Understanding Its Functions and Importance
  - 1.3 Skin Types and Conditions: Identifying and Assessing Variations
  - 1.4 The Physiology of Skin Repair: Application of Healing Techniques
- **2 Cosmetic Ingredients and Their Functions** — 4 classes
  - 2.1 Understanding Active Ingredients: The Science Behind Skin Care
  - 2.2 Natural vs. Synthetic: Evaluating Cosmetic Ingredients
  - 2.3 Safety and Efficacy: How to Read Ingredient Labels
  - 2.4 Formulating with Purpose: Choosing Ingredients for Different Skin Types
- **3 Advanced Skin Treatments and Technologies** — 4 classes
  - 3.1 Understanding Advanced Skin Treatments: An Overview of Technologies
  - 3.2 Analyzing Skin Types for Tailored Treatment Approaches
  - 3.3 Hands-On Application: Demonstrating Advanced Treatment Techniques
  - 3.4 Evaluating Treatment Outcomes: Measuring Success in Skin Care
- **20 Reading and Interpreting Ingredient Labels** — 10 classes
  - 20.1 Why Labels Matter to Clients and Therapists
  - 20.2 Ingredient Listing Order and Concentration
  - 20.3 Common Names Versus Scientific Names
  - 20.4 Spotting Known Allergens on a Label
  - 20.5 Fragrance, Colour and Preservative Declarations
  - 20.6 Claims Versus Evidence on Packaging
  - 20.7 Batch Codes and Period After Opening Symbols
  - 20.8 Comparing Two Products Side by Side
  - 20.9 Explaining a Label to a Client
  - 20.10 Label Reading Practice Assessment
- **21 Product Storage, Shelf Life and Spoilage** — 10 classes
  - 21.1 How Heat, Light and Air Damage Products
  - 21.2 Safe Storage in Treatment Rooms and Stock Rooms
  - 21.3 Opening Dates and Shelf Life Tracking
  - 21.4 Stock Rotation First In First Out

2 **Aesthetics: Dermal Science and Light and Energy Treatments** 50 chapters · 300 classes **100 marks**

- **1 Chapter 1 — Dermal Anatomy and Physiology** — 6 classes
  - 1.1 Understanding the Layers of the Skin
  - 1.2 Exploring Skin Cell Structures and Functions
  - 1.3 Examining the Role of Collagen and Elastin
  - 1.4 Analyzing Skin Barrier Function and Protection Mechanisms
  - 1.5 Investigating Skin Pigmentation and Melanin Production
  - 1.6 Applying Knowledge of Skin Anatomy in Dermal Interventions
- **2 Chapter 2 — Skin Health and Assessment** — 6 classes
  - 2.1 Understanding Skin Physiology and Structure
  - 2.2 Identifying Skin Types and Conditions
  - 2.3 Conducting a Comprehensive Skin Assessment
  - 2.4 Analyzing Skin Health Indicators
  - 2.5 Formulating Personalized Skincare Strategies
  - 2.6 Applying Advanced Techniques for Skin Evaluation
- **3 Chapter 3 — Advanced Dermal Treatment Modalities** — 6 classes
  - 3.1 Exploring Dermal Treatment Modalities
  - 3.2 Analyzing Skin Micro-needling Techniques
  - 3.3 Understanding Radiofrequency Therapy
  - 3.4 Examining Laser Treatment Applications
  - 3.5 Mastering Chemical Peel Procedures
  - 3.6 Integrating Multi-modal Treatment Approaches
- **4 Chapter 4 — Biochemical Interactions and Skin Reactions** — 6 classes
  - 4.1 Exploring Skin Biochemistry Basics
  - 4.2 Understanding Cell-Signalling Pathways
  - 4.3 Identifying Common Dermal Reactions
  - 4.4 Analyzing the Role of Enzymes in Skin Health
  - 4.5 Recognizing Immune Responses in Dermal Layers
  - 4.6 Applying Knowledge to Manage Skin Reactions
- **5 Chapter 5 — Innovations in Dermal Science and Future Trends** — 6 classes
  - 5.1 Exploring Nanotechnology in Dermal Applications
  - 5.2 Understanding Biomimetic Materials in Skincare
  - 5.3 Examining the Role of Genomics in Personalized Dermal Treatments
  - 5.4 Investigating 3D Bioprinting for Skin Regeneration
  - 5.5 Analyzing the Impact of Artificial Intelligence in Dermal Diagnosis
  - 5.6 Forecasting Future Trends in Dermal Science
- **1 Understanding Skin Anatomy and Physiology** — 6 classes
  - 1.1 Exploring the Layers: Understanding the Structure of Skin
  - 1.2 Investigating Skin Functions: Protection, Regulation, and Sensation
  - 1.3 Analyzing Epidermal Processes: From Cell Renewal to Maturation
  - 1.4 Examining Dermal Dynamics: Collagen, Elastin, and Glycosaminoglycans
  - 1.5 Understanding Skin Types: Characteristics and Care Considerations
  - 1.6 Connecting Anatomy to Practice: Implications for Dermal Enhancement
- **2 Principles of Non-Invasive Aesthetic Procedures** — 6 classes
  - 2.1 Understanding the Fundamentals of Non-Invasive Aesthetic Procedures
  - 2.2 Exploring Skin Anatomy and Physiology for Aesthetic Practice
  - 2.3 Identifying and Selecting Suitable Non-Invasive Techniques
  - 2.4 Evaluating Patient Needs and Expectations in Aesthetic Treatments
  - 2.5 Implementing Safety Protocols and Contraindications
  - 2.6 Applying Best Practices for Optimal Non-Invasive Results
- **3 Techniques and Equipment for Non-Invasive Procedures** — 6 classes
  - 3.1 Understanding Non-Invasive Enhancement Concepts
  - 3.2 Exploring Essential Equipment for Procedures
  - 3.3 mastering Techniques for Non-Invasive Applications
  - 3.4 Identifying Suitable Candidates for Enhancement Protocols
  - 3.5 Implementing Safety Measures and Guidelines
  - 3.6 Evaluating Outcomes and Making Adjustments
- **4 Client Consultation and Protocol Customization** — 6 classes
  - 4.1 Understanding Client Needs in Dermal Enhancement
  - 4.2 Building Rapport and Trust with Clients
  - 4.3 Identifying and Analyzing Skin Types
  - 4.4 Customizing Non-Invasive Protocols for Individuals
- **1 Emerging Technologies in Aesthetic Treatments** — 6 classes
  - 1.1 Understanding Emerging Technologies in Aesthetics
  - 1.2 Exploring Innovations in Cosmetic Laser Treatments
  - 1.3 Evaluating Advances in Non-Invasive Skin Procedures
  - 1.4 Analyzing the Role of Artificial Intelligence in Aesthetic Therapies
  - 1.5 Investigating Nanotechnology Applications in Skin Care
  - 1.6 Applying Virtual Reality for Enhanced Client Consultations
- **2 Formulations and Active Ingredients in Skincare Products** — 6 classes
  - 2.1 Exploring the Basics of Skincare Formulations
  - 2.2 Examining Key Active Ingredients in Skincare
  - 2.3 Understanding the Role of Emulsifiers and Preservatives
  - 2.4 Analyzing the Efficacy of Natural vs. Synthetic Ingredients
  - 2.5 Evaluating Formulation Stability and Shelf Life
  - 2.6 Applying Formulation Concepts to Develop Custom Skincare Products
- **3 Non-Invasive Facial and Body Contouring Techniques** — 6 classes
  - 3.1 Understanding Non-Invasive Techniques for Contouring
  - 3.2 Exploring Facial Contouring Technology
  - 3.3 Analyzing Body Contouring Equipment and Their Uses
  - 3.4 Comparing Innovative Methods for Sculpting Effects
  - 3.5 Evaluating Client Suitability and Treatment Outcomes
  - 3.6 Implementing Non-Invasive Techniques in Practice
- **4 AI and Digital Tools in Personalized Aesthetic Treatments** — 6 classes
  - 4.1 Understanding AI in Aesthetic Treatments
  - 4.2 Exploring Digital Tools for Facial Analysis
  - 4.3 Implementing Machine Learning for Skin Type Customization
  - 4.4 Analyzing Data-Driven Personalized Treatment Plans
  - 4.5 Assessing AI Impact on Treatment Outcomes
  - 4.6 Integrating AI Tools with Traditional Techniques
- **5 Sustainability and Ethical Innovations in Aesthetic Therapies** — 6 classes
  - 5.1 Understanding Sustainability in Aesthetic Therapies
  - 5.2 Identifying Ethical Considerations in Treatment Development
  - 5.3 Exploring Eco-Friendly Ingredients and Materials
  - 5.4 Evaluating Sustainable Business Practices in Aesthetics
  - 5.5 Integrating Ethical Innovations into Treatment Protocols
  - 5.6 Designing Eco-Conscious Client Treatment Plans
- **1 Foundations of Innovative Skin Therapy Techniques** — 6 classes
  - 1.1 Understanding the Basics of Skin Anatomy
  - 1.2 Identifying Different Skin Types and Conditions
  - 1.3 Exploring Cutting-edge Skin Therapy Techniques
  - 1.4 Assessing the Benefits of Innovative Ingredients
  - 1.5 Integrating Technology in Skin Treatment Applications
  - 1.6 Evaluating Case Studies: Innovating for Client Needs
- **2 Advanced Ingredients and Their Effects** — 6 classes
  - 2.1 Understand Key Active Ingredients in Skin Therapy
  - 2.2 Analyze the Role of Peptides in Skin Renewal
  - 2.3 Examine the Impact of Antioxidants on Skin Health
  - 2.4 Investigate the Effects of Retinoids on Aging Skin
  - 2.5 Assess Moisturizing Agents for Diverse Skin Types
  - 2.6 Explore Innovative Botanical Extracts for Skin Care
- **3 Cutting-Edge Equipment and Technology in Skin Therapy** — 6 classes
  - 3.1 Exploring Laser Technology in Skin Therapy
  - 3.2 Understanding Ultrasound Devices for Skin Treatment
  - 3.3 Examining the Role of Microdermabrasion Equipment
  - 3.4 Analyzing Phototherapy Tools and Their Applications
  - 3.5 Integrating Radiofrequency Machines in Skin Care
  - 3.6 Assessing Innovative Combination Therapies
- **4 Customized Skin Therapy Protocols** — 6 classes
  - 4.1 Understanding Individual Skin Types
  - 4.2 Assessing Client Skin Concerns and Needs
  - 4.3 Designing Personalized Treatment Plans
  - 4.4 Integrating Innovative Modalities into Protocols

3 **Cosmetology Fundamentals and Beauty Therapy Practice** 31 chapters · 158 classes **100 marks**

- **1 Understanding Fundamental Beauty Rituals** — 4 classes
  - 1.1 Exploring the Historical Origins of Beauty Rituals
  - 1.2 Identifying Common Ingredients in Beauty Treatments
  - 1.3 Demonstrating Basic Skincare Techniques
  - 1.4 Evaluating Client Needs for Personalised Beauty Care
- **2 Key Techniques in Skincare and Cosmetics Application** — 4 classes
  - 2.1 Understanding Skin Types and Conditions
  - 2.2 Mastering Basic Skincare Techniques
  - 2.3 Exploring Cosmetic Ingredients and Their Benefits
  - 2.4 Perfecting Cosmetics Application for Different Face Shapes
- **3 Creating Customised Beauty Rituals for Diverse Client Needs** — 4 classes
  - 3.1 Understanding Client Skin Types and Concerns
  - 3.2 Identifying Key Ingredients for Tailored Beauty Solutions
  - 3.3 Designing Personalized Beauty Rituals to Meet Diverse Needs
  - 3.4 Demonstrating Effective Client Consultation Techniques
- **1 Fundamentals of Cosmetology Principles** — 4 classes
  - 1.1 Understanding the Basics of Skin Types and Conditions
  - 1.2 Exploring Essential Beauty Tools and Their Uses
  - 1.3 Mastering the Fundamentals of Client Consultations
  - 1.4 Implementing Effective Client Care Strategies
- **2 Skin Analysis and Basic Client Care** — 4 classes
  - 2.1 Understanding Skin Types and Conditions
  - 2.2 Mastering Skin Analysis Techniques
  - 2.3 Implementing Effective Client Communication
  - 2.4 Applying Customized Skincare Recommendations
- **3 Introductory Techniques in Beauty Treatments** — 4 classes
  - 3.1 Understanding Basic Skin Types and Conditions
  - 3.2 Demonstrating Effective Cleansing Techniques
  - 3.3 Selecting Suitable Products for Skin Care
  - 3.4 Practicing Client Consultation and Care
- **1 Foundations of Practical Cosmetology Techniques** — 4 classes
  - 1.1 Understanding Core Cosmetology Tools and Their Uses
  - 1.2 Mastering Basic Skin Care Techniques
  - 1.3 Practicing Essential Hair Styling Methods
  - 1.4 Applying Makeup Fundamentals for Different Skin Types
- **2 Enhanced Techniques for Skincare and Makeup Application** — 4 classes
  - 2.1 Understanding Skin Types for Customized Care
  - 2.2 Mastering Advanced Skincare Application Techniques
  - 2.3 Exploring Makeup Products and Their Applications
  - 2.4 Harmonizing Skincare and Makeup for a Flawless Finish
- **3 Client Engagement and Professional Services Delivery** — 4 classes
  - 3.1 Understanding Client Needs: Conducting Effective Consultations
  - 3.2 Building Rapport: Techniques for Creating Trust and Comfort
  - 3.3 Customizing Beauty Rituals: Tailoring Services to Client Preferences
  - 3.4 Ensuring Client Satisfaction: Delivering Exceptional Aftercare and Feedback
- **1 Understanding Professional Standards in Beauty Therapy** — 4 classes
  - 1.1 Exploring Core Principles of Professionalism in Beauty Therapy
  - 1.2 Identifying and Maintaining Hygiene Standards in Beauty Services
  - 1.3 Implementing Effective Client Communication Strategies
  - 1.4 Applying Ethical Guidelines to Enhance Client Care
- **2 Effective Communication and Client Management** — 4 classes
  - 2.1 Understanding Client Needs: Building Rapport and Trust
  - 2.2 Active Listening Techniques: Enhancing Client Interaction
  - 2.3 Empathy in Action: Responding to Client Feedback
  - 2.4 Managing Client Expectations: Setting Clear Communication Goals
- **3 Maintaining Personal and Salon Hygiene** — 4 classes
  - 3.1 Understanding the Importance of Hygiene in Beauty Therapy
  - 3.2 Identifying Key Practices for Personal Hygiene
- **1 Skin Analysis and Advanced Facial Techniques** — 6 classes
  - 1.1 Understanding Skin Types and Conditions
  - 1.2 Mastering the Skin Analysis Process
  - 1.3 Identifying Common Skin Concerns
  - 1.4 Advanced Facial Techniques for Diverse Skin Types
  - 1.5 Implementing Customised Skincare Solutions
  - 1.6 Evaluating Facial Techniques through Client Feedback
- **2 Innovative Haircare and Styling Methods** — 6 classes
  - 2.1 Discovering Cutting-Edge Haircare Products
  - 2.2 Mastering Personalized Hair Treatment Techniques
  - 2.3 Exploring Eco-Friendly and Sustainable Haircare Practices
  - 2.4 Innovating with Advanced Hair Coloring Methods
  - 2.5 Enhancing Styling Skills Using Precision Tools
  - 2.6 Applying Technology in Haircare Solutions
- **3 Advanced Cosmetic Chemistry for Product Formulation** — 6 classes
  - 3.1 Understand the Role of Cosmetic Chemistry in Product Formulation
  - 3.2 Explore Key Chemical Ingredients and Their Functions
  - 3.3 Analyze the Importance of pH Balance in Cosmetic Products
  - 3.4 Investigate Emulsifiers and Their Impact on Product Stability
  - 3.5 Examine the Role of Preservatives in Extending Shelf Life
  - 3.6 Apply Advanced Chemistry Principles to Formulate a Custom Product
- **4 Expert Makeup Artistry and Application Skills** — 6 classes
  - 4.1 Understanding Facial Structures for Custom Makeup Design
  - 4.2 Mastering Foundation Application Techniques
  - 4.3 Elevating Eye Makeup with Advanced Techniques
  - 4.4 Perfecting Lip Artistry for Diverse Looks
  - 4.5 Highlighting and Contouring for Professional Results
  - 4.6 Incorporating Current Trends into Makeup Artistry
- **5 Cosmetology Business Leadership and Innovation** — 6 classes
  - 5.1 Understanding Business Models in Cosmetology
  - 5.2 Exploring Innovation in Beauty Services
  - 5.3 Strategies for Effective Team Leadership
  - 5.4 Leveraging Technology for Business Growth
  - 5.5 Enhancing Client Experience through Innovation
  - 5.6 Building a Competitive Brand in the Beauty Industry
- **1 Understanding Leadership in Beauty Therapy** — 6 classes
  - 1.1 Exploring Leadership Styles in Beauty Therapy
  - 1.2 Analyzing the Role of Communication in Beauty Leadership
  - 1.3 Identifying Key Leadership Qualities for Beauty Professionals
  - 1.4 Adapting Leadership Approaches for Diverse Client Needs
  - 1.5 Building and Leading Effective Beauty Therapy Teams
  - 1.6 Applying Conflict Resolution Strategies in Beauty Settings
- **2 Developing Communication and Interpersonal Skills** — 6 classes
  - 2.1 Understanding the Basics of Effective Communication
  - 2.2 Exploring Verbal and Non-Verbal Communication Techniques
  - 2.3 Building Active Listening Skills in Beauty Therapy
  - 2.4 Enhancing Empathy and Emotional Intelligence
  - 2.5 Navigating Difficult Conversations with Clients
  - 2.6 Applying Interpersonal Skills for Team Leadership
- **3 Team Building and Motivation Strategies** — 6 classes
  - 3.1 Understanding Team Dynamics in Beauty Therapy
  - 3.2 Identifying and Maximizing Individual Strengths
  - 3.3 Creating a Collaborative Salon Environment
  - 3.4 Motivating Diverse Beauty Teams Effectively
  - 3.5 Implementing Strategies for Conflict Resolution
  - 3.6 Evaluating Team Performance and Progress
- **4 Operational Management in Beauty Therapy** — 6 classes
  - 4.1 Understand the Principles of Operational Management in Beauty Therapy
  - 4.2 Identify Key Elements of Beauty Therapy Operations
  - 4.3 Explore Staffing and Scheduling for Optimal Service Delivery
  - 4.4 Develop Inventory Management Strategies for Beauty Therapists
  - 4.5 Examine Financial Controls and Budgeting in Beauty Operations
  - 4.6 Implement Quality Assurance and Client Feedback Mechanisms

4 **Hair Removal, Body and Beauty Therapy Treatments** 14 chapters · 120 classes **100 marks**

- **1 Understanding Hair Growth and Types** — 5 classes
  - 1.1 Exploring the Phases of Hair Growth
  - 1.2 Identifying Different Hair Types
  - 1.3 Analyzing Factors Affecting Hair Growth
  - 1.4 Comparing Hair Growth Patterns Across Body Areas
  - 1.5 Assessing Suitability of Hair Removal Techniques for Various Hair Types
- **2 Manual Hair Removal Techniques** — 5 classes
  - 2.1 Understanding Manual Hair Removal Techniques
  - 2.2 Preparing the Skin for Hair Removal
  - 2.3 Mastering Techniques: Tweezing and Threading
  - 2.4 Exploring Waxing Methods: Strip and Hot Wax
  - 2.5 Applying Aftercare for Optimal Results
- **3 Chemical and Heat-Based Hair Removal Methods** — 5 classes
  - 3.1 Understanding Chemical Hair Removal: Mechanisms and Safety
  - 3.2 Exploring Heat-Based Hair Removal: Tools and Techniques
  - 3.3 Comparing Chemical and Heat-Based Methods: Benefits and Limitations
  - 3.4 Practicing Chemical Hair Removal: Step-by-Step Application
  - 3.5 Mastering Heat-Based Hair Removal: Techniques for Different Body Areas
- **4 Aftercare and Skin Health Post-Hair Removal** — 5 classes
  - 4.1 Understanding Skin Reactions Post-Hair Removal
  - 4.2 Identifying Common Complications and Management
  - 4.3 Implementing Effective Aftercare Procedures
  - 4.4 Exploring Products for Skin Health Support
  - 4.5 Evaluating Long-term Skin Care Strategies
- **5 Waxing Consultation, Preparation and Contra-Indications** — 10 classes
  - 5.1 Hair Removal Consultation and Record Card
  - 5.2 Contra-Indications That Prevent Waxing
  - 5.3 Medications That Thin or Sensitise Skin
  - 5.4 Patch Testing Wax and Skin Reaction
  - 5.5 Choosing Wax Type for Hair and Skin
  - 5.6 Setting Up the Waxing Area Hygienically
  - 5.7 Wax Heater Safety and Temperature Checks
  - 5.8 Preparing Skin Before Waxing
  - 5.9 Client Positioning and Draping
  - 5.10 Consultation and Preparation Practical
- **6 Strip Waxing for Face and Body** — 10 classes
  - 6.1 Soft Wax and Strip Waxing Principles
  - 6.2 Applying Wax With the Correct Angle
  - 6.3 Fixing and Removing Strips Properly
  - 6.4 Upper Lip and Chin Waxing
  - 6.5 Eyebrow and Cheek Waxing
  - 6.6 Lower Leg Waxing
  - 6.7 Full Leg and Thigh Waxing
  - 6.8 Underarm Waxing Technique and Comfort
  - 6.9 Arm and Back Waxing
  - 6.10 Strip Waxing Practical Assessment
- **7 Hot Wax and Non-Strip Waxing for Sensitive Areas** — 10 classes
  - 7.1 Hot and Hard Wax Properties
  - 7.2 Safe Wax Temperature Testing
  - 7.3 Applying Hot Wax Without Strips
  - 7.4 Nostril Hair Waxing Safely
  - 7.5 Ear Hair Waxing Safely
  - 7.6 Eyebrow Hot Wax Technique
  - 7.7 Treating Fine and Brittle Hair
  - 7.8 Dealing With Broken Hair and Tender Skin
  - 7.9 Cleaning Wax Residue Properly
  - 7.10 Hot Wax Practical Assessment
- **8 Intimate Waxing Services** — 10 classes
  - 8.1 Professional Approach to Intimate Waxing
  - 8.2 Client Comfort, Modesty and Consent
  - 8.3 Contra-Indications Specific to Intimate Areas
  - 8.4 Bikini Line Waxing
  - 8.5 Extended Bikini and Brazilian Waxing
  - 8.6 Hollywood Style Waxing Procedure
  - 8.7 Male Intimate Waxing Services
  - 8.8 Managing Pain and Skin Reactions
  - 8.9 Hygiene, Disposable Items and Wax Disposal
  - 8.10 Intimate Waxing Practical Assessment
- **9 Threading Treatments for Face and Brows** — 10 classes
  - 9.1 Threading Principles and Hair Growth
  - 9.2 Thread Choice and Hand Positioning
  - 9.3 Threading the Upper Lip
  - 9.4 Threading Chin and Cheeks
  - 9.5 Eyebrow Shaping With Thread
  - 9.6 Threading Facial Hair on Men
  - 9.7 Reducing Skin Irritation
  - 9.8 Hygiene Rules for Threading
  - 9.9 Recording Treatments and Aftercare
  - 9.10 Threading Practical Assessment
- **10 Sugaring and Alternative Hair Removal Methods** — 10 classes
  - 10.1 Sugaring Paste Ingredients and Safety
  - 10.2 Preparing and Warming Sugar Paste
  - 10.3 Sugaring Technique and Direction of Pull
  - 10.4 Sugaring Face and Body Areas
  - 10.5 Epilator and Cream Method Differences
  - 10.6 Shaving, Trimming and Their Effects
  - 10.7 Comparing Methods by Skin Type
  - 10.8 Treating Ingrown Hairs
  - 10.9 Client Home Care After Each Method
  - 10.10 Alternative Methods Practical Assessment
- **11 Electrical Epilation Principles and Practice** — 10 classes
  - 11.1 How Electrical Epilation Works
  - 11.2 Short Wave Diathermy and Galvanic Principles
  - 11.3 Blend Method Overview
  - 11.4 Needle Selection and Sterile Handling
  - 11.5 Contra-Indications for Epilation
  - 11.6 Probe Insertion Angle and Depth
  - 11.7 Setting Intensity and Treatment Time
  - 11.8 Treating the Face and Body
  - 11.9 Aftercare and Treatment Course Planning
  - 11.10 Epilation Practical Assessment
- **12 Laser and Light Hair Growth Reduction** — 10 classes
  - 12.1 Laser and Light Hair Reduction Principles
  - 12.2 Hair Growth Cycle and Treatment Timing
  - 12.3 Skin Type Classification and Suitability
  - 12.4 Consultation, Consent and Patch Test
  - 12.5 Eye Protection and Treatment Room Safety
  - 12.6 Selecting Settings for Skin and Hair Colour
  - 12.7 Treating Legs, Underarms and Face
  - 12.8 Dealing With Burns and Adverse Reactions
  - 12.9 Aftercare and Sun Avoidance Advice
  - 12.10 Light Hair Reduction Practical Assessment
- **13 Self-Tanning, Spray Tanning and UV Tanning Services** — 10 classes
  - 13.1 Tanning Methods and Colour Development
  - 13.2 Skin Preparation Before Tanning
  - 13.3 Contra-Indications for Tanning
  - 13.4 Hand Applied Self-Tan Technique
  - 13.5 Spray Booth and Gun Application
  - 13.6 Avoiding Streaks and Uneven Colour
  - 13.7 Protecting Eyes, Hair and Lips During Spray
  - 13.8 UV Tanning Risks and Exposure Limits
  - 13.9 Tanning Aftercare and Maintenance
  - 13.10 Tanning Practical Assessment

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